



Text: 1 Corinthians 10:1-11 is the well-known history of the deliverance of Israel from slavery in Egypt. Despite God's repeated faithfulness, they give way to various sins, including grumbling (v10). These examples were written as warnings for us (v11).

Big Idea: At its core, grumbling is an expression of ingratitude to God.

- The practice of grumbling leads to unbelief
- Grumbling is discontentment made audible
- How to get a grip on grumbling
 - Reflect
 - Remember
 - Rejoice

Discussion & Personal Reflection:

1. What may be causing (or tempting) you to grumble? Consider a situation in your life where God is providing "manna", but it's hard to be grateful.
2. Where might you have expectations that are at odds with God's desires for you? Share or reflect on unexpected ways He has moved in the past to align your expectations to His desires.
3. How have you seen God's goodness in the midst of the current pandemic? What practical steps can you take to practice gratitude in the midst of COVID-19?